

# Potassium: Get Enough!

Potassium is actually a metal that is very light in nature. Plants and animals require potassium to survive and when levels drop too low or become elevated for any reason, they wreak havoc on the system.

## Why do you need potassium

Potassium is absorbed in the small intestine via passive diffusion and can drop dramatically when someone experiences diarrhea, vomiting, excessive sweating or a side effect of medication. It may become elevated due to kidney dysfunction, certain medications or excessive supplemental use. Potassium will be added to the new food label because of its role in blood pressure reduction.

The FDA decided in 2016 that potassium was one of four nutrients that impact public health. **A deficiency in potassium may raise the risk of chronic disease (hypertension).**



## How much potassium do you need

Most Americans consume about 2700 mg of potassium per day, which is well below the Institute of Medicine's recommendation of 4700 mg per day.

The addition of potassium on the Nutrition Facts label should make it easier for people to obtain enough of this vital nutrient in their diet. It will also simplify meal planning for those individuals requiring a potassium restriction, as in chronic kidney disease.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
<b>Cholesterol</b> 5mg	1%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 1g	2%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Which foods contain potassium?

An easy way get more potassium in their diets is to include more green leafy vegetables such as kale, collard and mustard greens, spinach, Brussels sprouts and broccoli. Dark orange and red fruits and vegetables are also good sources of potassium and include sweet potatoes, acorn and butternut squash, cantaloupe, peaches, mango, watermelon, tomatoes and citrus fruit. Kiwi, potatoes and avocado are also good sources of potassium. Bran cereal, for example, is a source of potassium as are dried fruits such as apricots, dates, prunes and raisins. Yogurt, milk, beans and lentils also provide a decent dose of this important mineral.

